

## Cycle Ambassadors Launched in Argentina

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Buenos Aires, Argentina—The Cycle Ambassadors was launched in Buenos Aires on April 21, 2016 with a speech, given by Ambassador for Peace, Mr. Bernardo del Guercio, at the Embassy for Peace. Mr. del Guercio, who is a psychologist and teacher, spoke on the topic of “The Art of Healing.” He talked about anguish, stress, fears and concerns; building resilience and courage; and positive thinking. We all have the “ability to radiate calm, loving thoughts,” he said.

Mr. Del Guercio referred to historical figures and artists whose stories and artwork, respectively, related to the topic of his speech, as well as recent and past examples of people overcoming extreme difficulties. He spoke of the miracle of faith and courage that allowed the survivors of the 1972 Andes flight disaster to be rescued, and of Austrian psychiatrist Viktor Frankl’s experience surviving concentration camps. He also highlighted the story of the Syrian teenager Yusra Mardini who, along with her sister, saved the lives of a group of Syrian refugees after a boat incident in the middle of the sea. She is now in Berlin and wants to compete in swimming at the Rio 2016 Olympics.

“It is not the things that happen [to us]” that affects us, “but how we deal with them,” Mr. del Guercio said. “Which negative thought should we transmute?” he asked. “To live in a hurry is a waste of time.” “If we live [our lives feeling defeated it] is because we have not developed our mission yet,” he said.

He also said that some people worry about things that may never happen. “There are countless fears,” which “have big eyes and a cold heart.” He pointed out that humor is “to look at things from a distance, without concern.” He asked the audience to forget about themselves and focus on others. He also talked about having a “vital attitude,” where one leaves behind depressive thoughts and chooses an “ascending spiral” of charity and action. His speech delved into the meaning of life and spiritual enlightenment. As Psalms 25:4 in the Bible states, “Show me your ways, Lord, teach me your paths.”

